

starters

Soup of the Day

Made Fresh with Seasonal Ingredients / 8

Bone Broth ^{gf}

"48 Hour" Roasted Chicken Broth / 7

FT Vegetable Garden Soup ^{v/gf} / 8

Yellowfin Tuna Tartare

Ginger Chili Dressing, Avocado, Cucumbers, Sesame Crackers, Spicy Aioli / 18

Maple Pepper Glazed Ribs ^{gf}

"Fork Tender" Baby Back Ribs, Celery Root & Apple Slaw / 18

Farmer's Chicken Meatballs ^{gf} or Vegan Quinoa Meatballs ^{v/gf}

House Made Mozzarella or Vegan Mozzarella, Pomodoro Sauce / 14

Farmer's Hummus ^v

Organic Tomatoes & Heirloom Carrots, Toasted Tandoori Naan Bread / 14

Buffalo Cauliflower ^{v/gf}

Oven Roasted Cauliflower "Drumettes", Vegan Ranch Dip & Celery / 14

Bread -N- Spread ^{veg}

Hummus, Chive "Butter", Olive Tapenade, House Made Sourdough, Pretzel & Focaccia Bread / 18

Cucumber Avocado "Tartare" ^v

Ginger-Lime Dressing, Lavash Herb Crisp / 13
ADD: Tuna Tartare / 6

Taco of the Day
Daily Designed Taco Special

greens

Namaste Raw ^{v/gf}

Living Salad, Cabbage, Broccoli, Peppers, Sunflower Sprouts & Seeds, Cucumbers, Onions, Koji Vinaigrette / 16

Arugula & Roasted Beet ^{veg/gf}

Goat Cheese, Pickled Onions, Spiced Pistachios, Sherry Vinaigrette / 17

1901 Mandarin Chopped ^{v/gf}

Garden Greens, Cabbage, Peppers, Carrots, Scallions, Oranges, Toasted Almonds, Ginger Soy Vinaigrette / 16

Farmer's Table Cobb ^{gf}

Romaine Hearts, Chicken, Egg, Avocado, Cucumbers, Tomatoes, Carrots, Bacon, Ranch or Wildflower Honey Vinaigrette / 19

Mediterranean ^{veg/gf}

Romaine Hearts, Feta, Cucumbers, Peppers, Red Onions, Olives, Tomatoes, Lemon-Oregano Vinaigrette / 17

Florida 77 ^{veg/gf}

Field Greens, Avocado, Carrots, Oranges, Hearts of Palm, Candied Cashews, Mile Marker 77 Vinaigrette / 17

ADD

Grilled Chicken / 7

Seared Yellowfin Tuna / 12

Salmon Scallopini / 12

Shrimp / 12

Marinated Tofu / 7

Hanger Steak Bites / 12

Consciously Sourced

We proudly serve grass-fed beef; antibiotic, hormone- and steroid-free chicken, chemical-free shrimp, and sustainable seafood.

We support local farms for fresh produce when available and harvest produce from our own organic garden.

We strictly adhere to the Environmental Working Group's Dirty Dozen Food philosophy, sourcing only organic products for their recommended fruits and vegetables.

Some items may be served raw or undercooked. Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

Your meal may contain traces of flour as we are not a gluten-free facility.

For parties of 8 or more, there will be a 20 percent service charge added.

flatbreads

Substitute Cauliflower Crust \$3 **gf**

Garlic Shrimp

New England Style Parmesan Garlic Sauce, Blistered Tomatoes, Torn Basil, Balsamic, Lavash Crust / 18

Pulled BBQ Short Rib

Aged Cheddar Cheese, Roasted Peppers, Pickled Red Onions, Arugula, Lavash Crust / 18

Wild Mushroom & Goat Cheese **veg**

Balsamic Fig Braised Onions, Savory Herbs, Lavash Crust / 17

Grilled Focaccia Caprese **veg**

House Made Focaccia Crust, Fresh Mozzarella, Roasted Garlic Marinara, Organic Tomatoes, Basil, Tri-Color Salad, Shaved Parmesan, EVOO & Balsamic Reduction / 19

handhelds

Your Choice of Side:

Baked Yukon Gold Fries w/ FT House "Ketchup", Mixed Greens or Wildflower Honey Cole Slaw

Grass-Fed Beef Burger

Housemade Pretzel Roll, Fig Braised Onions, Lettuce, Tomato / 17
ADD: Bacon, Cheddar or Avocado / 2 each

Salmon Burger "Banh Mi"

Housemade Sesame Bun, Thai Glaze, Vietnamese Pickled Veggie Slaw / 18

Greek Chicken Wrap

Toasted Naan Bread, Grilled Chicken, Tzatziki, Romaine, Tomatoes, Onions, Kalamata Olives / 16

Farmer's Tuna Melt

Grilled House Made Mountain Bread, Organic Tomato, Gruyere Cheese / 16

knife & fork

"Spasta" & Meatballs **gf**

Choice of Chicken or Vegan Meatballs, Spaghetti Squash, Organic Spinach, Tomato Basil Sauce / 24
ADD: Vegan Mozzarella or House Made Mozzarella / 2

Grilled Chicken Paillard **gf**

Arugula, Red Onions, Grape Tomatoes, Shaved Parmesan Cheese, Lemon-Oregano Vinaigrette / 24

Vegan "Chorizo" Tostada **v/gf**

Potato & Peppers, Grilled Avocado, Cabbage Slaw, Salsa Roja, Cilantro, Charred Lime / 19

Roasted Eggplant-Zucchini Lasagna **v/gf**

Cashew Ricotta, Garlic Sautéed Spinach, Pomodoro Sauce / 23
ADD: Vegan Mozzarella or House Made Mozzarella / 2

Thai Roasted Salmon **gf**

Wok Fired Vegetables & Quinoa, Avocado Crema, Pickled Cucumbers / 34

Vegan Buddha Bowl **v/gf**

Sweet Potato Noodles, Cabbage, Carrots, Broccoli, Mushroom Dashi, GGS / 19
ADD: Tuna / 12 ~ Shrimp / 12 ~ Tofu / 7
Chicken / 7 ~ Egg / 2.5

plant forward sides

All sides are vegan and gluten free ~ 8 each

Roasted Spaghetti Squash

Baked Yukon Gold Steak Fries

Maple Whipped Sweet Potatoes

Roasted Brussels Sprouts

Wok Fired Vegetables & Quinoa

Thai Sweet Potato Glass Noodles

MAKE A MEAL

Any 3 Plant Forward Sides / 21

v: vegan | **veg:** vegetarian | **gf:** gluten free

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